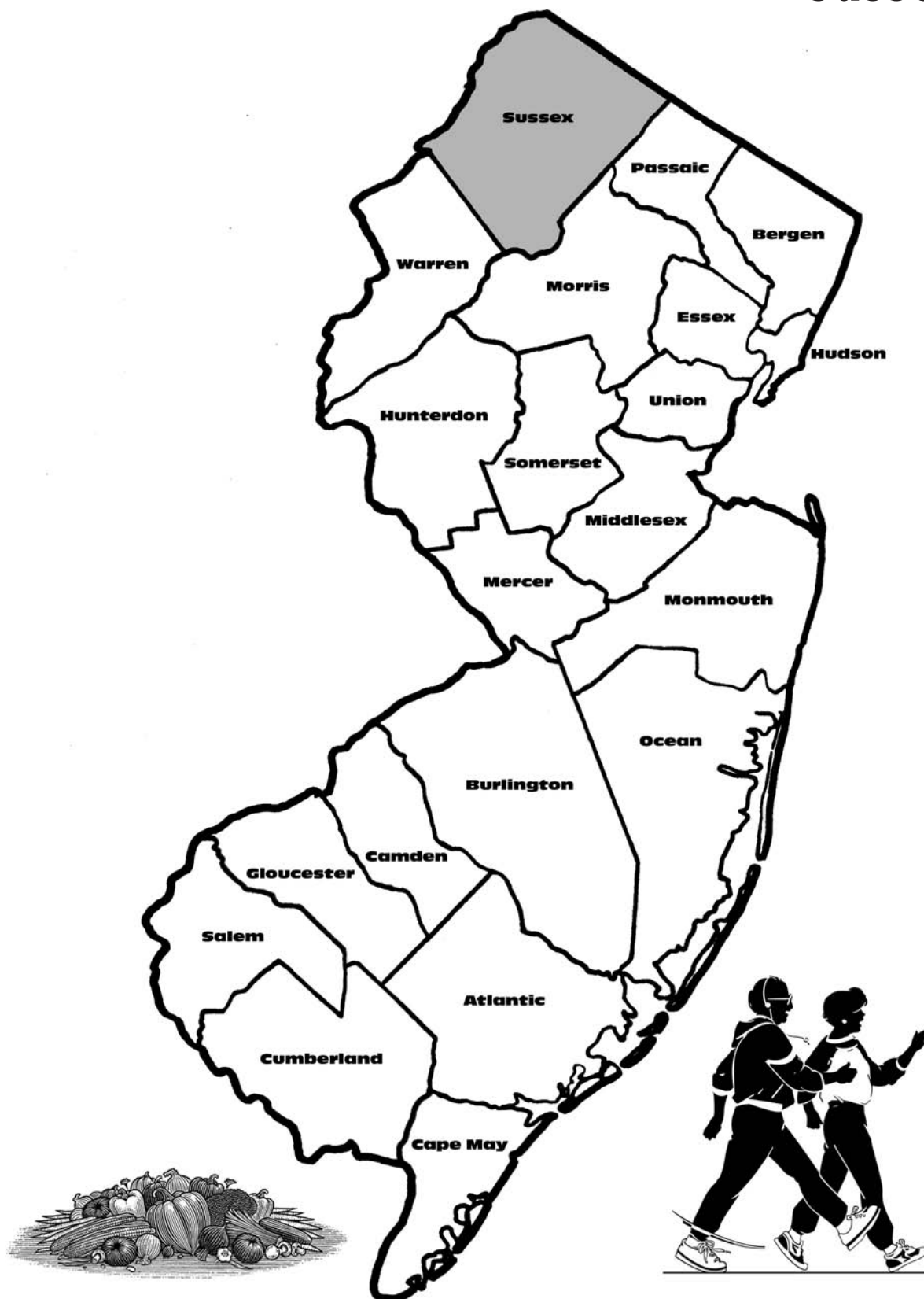





## Sussex County








# SUSSEX COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Weight Loss Program</b>
<b>Agency/Institution:</b>	<b>Sparta Parks &amp; Recreation</b>
<b>Address:</b>	<b>65 Main Street, Sparta, NJ 07871</b>
<b>County:</b>	<b>Sussex</b>
<b>Phone:</b>	<b>973-729-2383</b>
<b>Focus:</b>	<b>Lose weight, eat healthier snacks &amp; meals, and become aware of eating habits</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>No, only if you gain!</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

## SUSSEX COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Morning Exercise, Yoga, Tai Chi, Water Exercise (summer only)</b>
<b>Agency/Institution:</b>	<b>Sparta Parks &amp; Recreation-Senior Citizen Division</b>
<b>Address:</b>	<b>65 Main Street, Sparta, NJ 07871</b>
<b>County:</b>	<b>Sussex</b>
<b>Phone:</b>	<b>973-729-2383</b>
<b>Focus:</b>	<b>Promote activity and social life</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Own funding, township taxes, partially paid for by participants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)